



## Triumph Menu December 2016

USDA and this institution are equal opportunity providers.

	Monday	Tuesday	Wednesday	Thursday	Friday
Break-fast				1 French Toast Turkey Sausage & Seasonal Fruit	2 Cheerios with Yogurt & Seasonal Fruit
Lunch				Macaroni & Cheese with Roll & Green Bean & Seasonal Fruit	Cheese Pizza with Tossed Green Salad & Seasonal Fruit
Snack				Fruit Yogurt Seasonal Fruit	Cheez-its Seasonal Fruit
Break-fast	5 Yogurt with Granola & Seasonal Fruit	6 Biscuit Turkey Sausage & Seasonal Fruit	7 Pancake on a Stick & Seasonal Fruit	8 Waffle Turkey Sausage & Seasonal Fruit	9 Fruit Muffin & Seasonal Fruit
Lunch	Cheese Enchilada with Black Beans & Seasonal Fruit	Turkey Hot Dog Baked Fries & Seasonal Fruit	Chicken Nuggets with Roll & Corn & Seasonal Fruit	Chicken Sandwich with Tossed Green Salad & Seasonal Fruit	Mini Hamburger with Baked Fries & Seasonal Fruit
Snack	Animal Crackers Fresh Banana	Cheese Stick Saltine Crackers	Pretzels Sliced Apples	Cheez-its Sliced Oranges	Fruit Yogurt Seasonal Fruit
Break-fast	12 Bagel Half with Cream Cheese & Seasonal Fruit	13 Egg & Cheese English Muffin & Seasonal Fruit	14 Pancakes Turkey Sausage & Seasonal Fruit	15 French Toast Turkey Sausage & Seasonal Fruit	16 Cheerios with Yogurt & Seasonal Fruit
Lunch	Cheese Quesadilla with Black Beans & Seasonal Fruit	Turkey Sandwich with Tossed Green Salad & Seasonal Fruit	Macaroni & Cheese with Roll & Green Bean & Seasonal Fruit	Turkey Corn Dog Baked Fries & Seasonal Fruit	Cheese Pizza with Tossed Green Salad & Seasonal Fruit
Snack	Nabisco Nilla Wafers Fresh Banana	"Ants on a Log" Celery Stick, Soy Butter, Raisins & Seasonal Fruit	Carrots & Celery Goldfish Crackers	Fruit Yogurt Seasonal Fruit	Cheez-its Seasonal Fruit
Break-fast	19 Yogurt with Granola & Seasonal Fruit	20 Egg & Cheese English Muffin & Seasonal Fruit	21 Pancakes Turkey Sausage & Seasonal Fruit		
Lunch	Bean & Cheese Burrito with Brown Rice & Seasonal Fruit	Popcorn Chicken with Baked Fries & Seasonal Fruit	Chicken Strips with Roll & Veggies & Seasonal Fruit		
Snack	Animal Crackers Fresh Banana	Cheese Stick Saltine Crackers	Pretzels Sliced Apples		
Break-fast	26 <b>NO SCHOOL</b>	27 <b>NO SCHOOL</b>	28 <b>NO SCHOOL</b>	29 <b>NO SCHOOL</b>	30 <b>NO SCHOOL</b>
Lunch					
Snack					

Low-fat milk is served with every breakfast and lunch.  
 Breakfast Prices: \$1.50 paid, \$.30 reduced\*, \$2.50 Adults  
 Lunch Prices: \$2.55 paid, \$.40 reduced\*, \$3.25 Adults

\*You may qualify for free or reduced price meals. Applications are available at all schools and the district office. For questions regarding the food service program, call the food service office at 916.649.7844.  
 Some menu items may change due to availability of products

